



Clarion Center for the Arts

Sparky Pins

Checklist

Intermediate Levels

Balance

- ☐ Relevé Retiré spring and balance for 5 seconds
- ☐ 1st Arabesque, press up and hold for 15 seconds
- ☐ Grand Plié in 4th position
- ☐ Développé en croix in relevé (lower heel between each one)
- ☐ Heel stretch 15 seconds, let go 15 seconds
- ☐ Arabesque, Penche and recover
- ☐ Promenade in 1st Arabesque

Date Earned: _____

Flexibility

- ☐ Splits flat on the floor
- ☐ Bracelet in splits
- ☐ Bridge with shoulders past hands
- ☐ Straddle Split 2 inches from floor
- ☐ Front Attitude with knee to chest
- ☐ Side Attitude with knee to chest

Date Earned: _____

Pirouettes

- ☐ Turned out double pirouette, outside and inside
- ☐ Triple pirouette in parallel passé
- ☐ 4 consecutive Fouettés in 2nd
- ☐ Attitude turn
- ☐ Pique turn changing spot

Date Earned: _____

Strength & Endurance

- ☐ Plank for 2 minutes
- ☐ Side plank for 1 minute
- ☐ Wall-sit for 60 seconds
- ☐ 20 V-snaps
- ☐ Hinge on forced arch center floor
- ☐ 25 Backlifts on raised surface
- ☐ 20 Burpees

Date Earned: _____

Jumps

- | | |
|--|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Entrechat Quatre <input type="checkbox"/> Entrechat Royale <input type="checkbox"/> 64 Changement <input type="checkbox"/> Jazz Sissonne with Attitude | <ul style="list-style-type: none"> <input type="checkbox"/> Chainé Jeté <input type="checkbox"/> Straddle jump <input type="checkbox"/> Axel <input type="checkbox"/> Grand Jeté en Tournant |
|--|--|

Date Earned: _____

Musicality

- ☐ Recognize triplets
- ☐ Count and write out tap pattern
- ☐ Read Intermediate rhythm pattern
- ☐ Tap Intermediate rhythm pattern on the beat
- ☐ Hear and write out simple rhythm pattern
- ☐ Choreograph tap pattern

Date Earned: _____

Student's Name: _____